

Musical performances to bring back the '50s

Autumn Glow Senior Activity Center in Kaysville hosts the performers from The Choral Collection for a high energy Fabulous Fifties era show on Friday, March 18, 6-8 p.m. The event is billed as Grandparents Date Night with the entertainment aimed at baby boomers and their grandkids. Traditional 50s food (hamburgers, hot dogs, French fries, and root beer floats) are on the menu. Register online for tickets (\$6 per person) through Kaysville Parks and Recreation at www.kaysvillerec.com. Deadline for tickets is

Photos courtesy of The Choral Collection

3 simple weight lifting moves

By Linda Melone Arthritis Foundation

Lifting weights or resistance training offers numerous benefits to help manage arthritis pain. Exercise keeps muscles around affected joints strong, lubricates joints, decreases bone loss and helps control joint swelling and

Weight lifting may sound intimidating, but it can be done with proper preparation and without extensive equipment by incorporating everyday

Before you start

"Warming up and gentle stretching is an essential part of an exercise routine," says Eric Lieberman, MD, FACR, a rheumatologist at the Summit Medical Group in Berkeley Heights, N.J. "A warm-up period of walking or riding a stationary bike helps get muscles loose."

After you've warmed up and stretched, try these weight-lifting exercises to get started:

Legs and biceps: Hold a 16-oz. soup can in each hand and stand with feet shoulder-width apart, knees slightly bent, palms facing forward. Bend knees (keep knees and feet pointed straight ahead) and squat

by slowly lowering hips toward floor (stay within a pain-free zone). Pause at the bottom, slowly return to starting position. Now perform a biceps curl by bending elbows and bringing soup cans up toward shoulders and back down. Repeat combination 10 to 15

Back and triceps: Hold a 16-oz. soup can in each hand and stand with feet shoulder-width apart. Bend forward slightly at the waist, arms hanging down toward ground (keep abdominals tight). Bend elbows and bring them up toward the ceiling while you squeeze shoulder blades together, hold and then straighten arms, extending hands behind you. Return to starting position by bending elbows back. Repeat sequence 10 to 15 times.

Chest and calves: Stand facing a wall approximately two feet away and lean forward, placing hands on the wall at chest height. Keeping legs straight, bend elbows and lower upper body toward the wall into a push-up; pause, slowly straighten arms (do not lock elbows) and return to starting position. Now perform a calf raise by standing up on the balls of your feet; pause and then lower heels back down. Repeat push-up and calf raise sequence 10 to 15 times.

Caregiver education classes continue

Davis County's Family Caregiver Support Program is offering a six-week series of classes for individuals who care for family members that are older and/or frail. Classes are offered at

two different locations starting early February. On Tuesdays, classes will be held at Fairfield Village (1201 N. Fairfield Rd. Layton), noon-1 p.m. Thursday classes are at the Golden Years Senior Activity Center (726 S. 100 E. Bountiful), noon-1 p.m. A light lunch will be pro-

vided at all of the classes but attendees must RSVP to Megan Forbush at (801) 525-5088 on Mondays by

Schedule:

• Feb. 4: Resources for

Caregivers - Megan Forbush, Davis County Senior

• Feb. 9 & 11: Estate and Long-Term Care Planning - Eric B. Barnes, The ElderCare Law Firm

• Feb. 16 & 18: Vehicle Modification - Amy Muller, Accessible Systems of Utah and Paraquad

Adapt to Change – Mark Hoyal, South Davis Home Health and Hospice March 1 & 3: Dry

Mouth Relief - Diana Lubbs, Pitt Family Dental of the Aging Population and the Impact on the

Family – Randy Swartwood and Penny Million, and Personal Care

• Feb. 23 & 25: How to

• March 8 & 10: Impact At Home Health Hospice

Workshop helps you keep New Year's resolutions

Want help keeping your New Year's resolutions? The six-week Living Well with Chronic Conditions workshop can help you achieve your goals to manage your ongoing health conditions. The workshop teaches you different selfmanagement tools that can help you take your life back and control your health again.

During the weekly two hour classes you will learn

- Manage symptoms like pain and fatigue
- Use medication as directed
 - Work with your health

care team

- Set weekly goals Problem-solve effec-
- tively

· Relax and handle difficult emotions Friends and family are

welcome to attend, as well. The next workshop begins Tuesday, Feb. 9, 2:30-

Medical Plaza, 1580 W.

4:30 p.m., at Davis Hospital

Antelope Dr., Layton. For more information or to register for a workshop, visit LivingWell.utah. gov or call 801-525-5087. Registration is required. Workshop is sponsored by the Davis County Health Department.

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sa
				4	5	6
				AG – Senior	AG – Arthritis	
				Highlight 11:30	Exercise 9	
				Tai Chi 9:45	Pinochle 12:30	
		FAh	riiarv	GY – Lapidary	GY – Stained	
		Feb	l UGI y	8:30	Glass 9-12	
			-	**"Timber" at	Movie 12:30	
				Kingsbury Hall 11	ND – Miles Coe	
				ND – Movie 12	on Piano 11:45	
7	8	9	10	11	12	13
	AG – Oil	AG – **Art 9	AG – **Water	AG – Haslam	AG – **AARP	
	Painting 9	Tai Chi Chair	Exercise 9	Law 9-10:30	Smart Driving	
	Golightly Family	10:45	Spa Day 11	Food \$ense 11	Canasta 1	
	11:30	**Eating at Asian	GY – Grief	Bridge 12:30	GY – Water	
	GY – Stained	Buffet 11:15	Support Group	Drawing 3	Color 9-12	
	Glass 9-12	GY – Blood	10	GY - Dancing	**Valentine's	
	Bridge 1-4:45	Pressure 10:30	Bingo 12:30	Grannies 8:30	Dinner-Dance	
	ND - Texas	ND – Mardi Gras	ND - Rocky Mtn	Bridge 1:30	ND - Name That	
	Hold 'Em 12:15	Fun 11:30	Care 11:30	ND – Movie 12	Tune 11:30	
14	15	16	17	18	19	20
	Centers	AG – Tai Chi 9:45	AG – Arthritis	AG – Social	AG – Lapidary	
Da	Closed	Games! By IHC	Exercise 9	Services /	8:30	
S	Ī	11:45	Blood Pressure	Medicare 11	Movie/Popcorn	
Ę	76	GY – Senior	10:30	Bridge 12:30	12:30	
Happy Valentine's Day		Aerobics 8:30	Ceramics 12:30	GY – Lapidary	GY – Stained	
Va		**Provo City	GY – Singles	8:30-12	Glass 9-12	
δ	A STATE OF THE STA	Temple Tour 8:45	Social 11:30	Arthritis	Movie 12:30	
lар	Presidents'	ND – Line	Bingo 12:30	Exercises 12:30	ND – Musical	
_	Day	Dancing 1	ND - Food Bank	ND - Porcelain 9	Bingo 11:30	
21	22	23	24	25	26	27
	AG – Trivia of	AG – **Taffy	AG – Bingo	AG – Wire	**AG, GY, & ND	
	the Day 11:30	Candy Co. Road	10:30	Wrapping 8:30	Feb. Birthday	
	GY – Arthritis	Trip	Rocky Mtn Care	Drawing 3	Party	
	Exercise Class	GY – Senior	11:30	GY – Lapidary	AG – Computer	
	12:30	Aerobics 8:30	GY – Line	8:30-12	101 9:30	
	Oil Painting 1-4	ND – Blood	Dancing 10-11	Luana's Combo	GY – Water	
	ND – Trivia &	Pressure Clinic	Bridge 1-4:45	Band 10:30	Color 9-12	
	Treats 11:30	10:30	ND - Computer	ND – Food \$ense	ND - Texas Hold	
	Bingo 12:30	Shopping 12:15	Class 10:30	1	'Em 12	
28	29	Mar 1	Mar 2	Mar 3	Mar 4	5
	AG – Bingo	AG – Lapidary	AG – Water	AG – Wire	AG – Lapidary	
	10:30	8:30	Color 9:30	Wrapping 8:30	8:30	
	Tap Dancing 1	**Computer Tech	Bingo 10:30	Chair Tai Chi	Pickle Ball 9	
	GY – Stained	11:30	GY – Single's	10:45	GY – Sit n Fit	
	Glass 9-12	GY – Lapidary	Social 11:15	Bridge 12:30	8:30	
	Line Dancing 10	8:30	Bridge 1-4:45	GY – Senior	Line Dancing	
	ND – Leap Year	Pinochle 1-4:45	ND - Texas Hold	Aerobics 8:30	9:30	
	Fun 11:30	ND - Line	'Em 12	Shopping 12:30	ND – Bingo	
	Bingo 12:30	Dancing 1	Bingo 12:30	ND – Movie 12	12:30	

Call Senior Activity Center to Make Reservation (Note: Not all activities are listed on this consolidated calendar, activities are subject to change) GY ~ Golden Years

AG ~ Autumn Glow (801) 444-2290 **81 East Center Street** Kaysville, UT 84037

(801) 295-3479 726 South 100 East **Bountiful, UT 84010**

ND ~ North Davis (801) 525-5080 **42 South State Street** Clearfield, UT 84015

Poor nutrition increases risk for serious health problems

National Council on Aging

For people with certain chronic conditions, proper nutrition is more than just a good idea. It's an essential part of managing many health problems like diabetes, heart disease, high blood pressure, osteoporosis, and more.

Older adults with chronic illnesses are especially at risk for poor nutrition, which can happen because of bad eating habits, loss of appetite, and decreased access to healthy foods because of limited mobility, money, or time.

Importance of good nutrition for older adults

Poor nutrition increases your risk for serious health problems. For those living with chronic illnesses, it can result in the loss of muscle and other tissue, which can:

- Make it harder to recover from surgery and disease
- Make it more difficult to heal
- wounds Increase risk for infection
- Increase risk for falls Decrease strength needed to take care of yourself

When these things occur, it can lead to readmission back to the hospital or longer stays in the hospital or rehabilitation facility.

Warning signs of malnutrition in older adults

Alert your health care professional if you have any of the warning signs of poor nutrition:

- Eating poorly
- Chewing and swallowing difficulties Taking multiple medicines
- Unplanned weight loss

Sign up for tap dance lessons

Are you interested in learning how to tap dance? Lessons are for Beginners through Advanced and for all ages 18 to 80-plus. Cost is \$20 per month.

Registration is Thursday, Feb. 4, 2-3 p.m. at the Autumn Glow Senior Activity Center, 81 East Center Street, Kaysville.

Call Reta Felt at 801-544-9752 for more information.

Find us on

the Web

FEATURES:

- Elevator
- Great Room
 - Secured/Secluded
- Community Garden
- Social Events

AVAILABLE:

- Studios
- One Bedroom
- Two Bedroom/ Two Bath Suites
- Executive Suite



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